

MIDDLETOWN CITY SCHOOLS



STUDENT-ATHLETE & PARENT HANDBOOK

DISCRIMINATION PROHIBITED – No person in the Middletown City Schools, shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity.

Athletic Department
Middletown High School
601 North Breiel Blvd. Middletown, Oh 45042
(513) 420-4515

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MESSAGE TO PARENTS OF STUDENT-ATHLETES

This handbook is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to allow him or her to compete. Your interest in this facet of our school program is gratifying. It is our belief that participation in athletic activities will provide opportunities and experiences to support the personal growth of the student-athlete.

The Middletown City School District is proud of the variety of opportunities that exist for Middletown student-athletes. These opportunities are a critical part of a student's total development as they aid in the building of positive character and leadership traits. The Athletic Department of Middletown City Schools place a priority on the educational development of boys and girls through athletics, and feels that a properly controlled, well-organized sports program meets the student-athlete's need for self-expression, mental alertness and physical growth. It is the goal of the Athletic Department to maintain a program that is sound in purpose and will further each student-athlete's educational maturity. Likewise, it is assumed that by allowing your child to participate in interscholastic athletics at Middletown City Schools, you have committed yourself to certain responsibilities and obligations as a parent. It is the intent of the Athletic Department, through this handbook, to acquaint you and your student-athlete with policies and procedures that are necessary for an organized and successful athletic program.

Middletown City Schools follow all rules and guidelines established by the Ohio High School Athletic Association (OHSAA) for middle school and high school student athletes.

MIDDLETOWN CITY SCHOOL DISTRICT ATHLETIC PHILOSOPHY

Interscholastic athletic activities in the Middletown City School District are considered to be an integral part of the school's educational program. A variety of experiences are provided to aid the student athlete's mental, physical, social, and emotional development. Development of favorable habits and attitudes will better prepare the student athlete for adult life in a democratic society. Promoting involvement in the interscholastic athletic program at all levels of participation instills pride, reinforces a sound value structure, and enhances the individual's self-image as well as the image of the school district and community.

Since Middletown student-athletes represent their school and their community wherever they go, they must have a clear understanding that participation in athletics is a privilege that requires additional responsibility and sacrifice. Our goal is to succeed in athletics while maintaining acceptable educational and behavioral standards for our student-athletes.

INTERSCHOLASTIC ATHLETICS AT MIDDLETOWN CITY SCHOOLS

The Middletown Athletic Code is established under the authority of the Middletown City School District Board of Education. The purpose of the Athletic Code is to establish standards of academic performance and behavior for students involved in interscholastic athletic programs and the penalties for failure to meet the established standards. The privilege of being permitted to participate in the Middletown City School District Athletic Program is subject to compliance with these standards.

The Middletown City School District is a proud member of the Ohio High School Athletic Association (OHSAA) and the Greater Miami Conference (GMC). As members of these organizations, the Athletic Code of Middletown City Schools meets or exceeds the standards established by these organizations, especially those established in the *OHSAA Handbook: Constitution, Bylaws and Regulations*.

Any student enrolled in Middletown City Schools (Grades 7-12) who meets the academic eligibility requirements for participation in athletic activities may try out for any interscholastic sport. All student-athletes in grades 7-12 are held to the policies and procedures of the Middletown Athletic Code. Athletes are defined as:

- A. Those students who are trying out for an interscholastic team by reporting to practice.
- B. Members of any sanctioned Middletown interscholastic athletic team.
- C. Team managers.
- D. Cheerleaders.

DURATION OF THE ATHLETIC CODE

The student-athlete is subject to all provisions of the Athletic Code, effective the date that written verification of the student-athlete's intent to follow the code is signed and submitted to the Athletic Director. The student-athlete is subject to the Athletic Code at all times and places, whether school is in session or not, for 12 calendar months from the date of signature. (24 hours per day, 365 days per year)

The student-athlete and his or her parents shall be informed of the Athletic Code prior to participation in the middle school or high school athletic program. This is in accordance with OHSAA Bylaw 3-1-4. No student-athlete shall be allowed to practice or compete until a signed Athletic Code form is on file with the Athletic Director.

Consequences to violations of policies contained within this Athletic Code are cumulative throughout the student-athlete's career.

INTERSCHOLASTIC ATHLETIC OFFERINGS

The Athletic Department of the Middletown City School District is proud to offer the following interscholastic athletic programs:

BOYS

Fall

Cross-Country (V, JV, &MS)
Soccer (V & JV)
Football (V, JV, 9th, 7th & 8th)
Golf (V & JV)

Winter

Academic Team
Basketball (V, JV, 9th, 7th & 8th)
Bowling (V & JV)
Chess
Wrestling (V, JV, & MS)
Swimming (V & JV)

Spring

Baseball (V, JV, 9th, & MS)
Track & Field (V, JV, & MS)
Tennis (V & JV)
Volleyball (V, JV, 9th)

GIRLS

Fall

Cross-Country (V, JV, & MS)
Soccer (V & JV)
Volleyball (V, JV, 9th, 7th & 8th)
Tennis (V & JV)
Cheerleading (V, JV, 9th, 7th & 8th)
Golf (V & JV)

Winter

Academic team
Basketball (V, JV, 9th, 7th & 8th)
Bowling (V & JV)
Chess
Cheerleading (V, JV, 9th, 7th & 8th)
Swimming (V & JV)

Spring

Softball (V, JV, & MS)
Track & Field (V, JV, & MS)

MIDDLETOWN CITY SCHOOLS ATHLETIC GOALS AND OBJECTIVES

Goal: The student athlete will become a more effective citizen in a democratic society.

To Learn Teamwork: To work with others in a democratic society, a person must develop self-discipline, respect for authority, the spirit of hard work and sacrifice. Athletes must place the team and its objectives higher than personal desires.

To Be Successful: Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.

To Show Sportsmanship: Accept success and defeat like a true sportsman. Know we have done our best. We must learn to treat others, as we would have others treat us. We need to develop desirable social traits including emotional control, honesty, cooperation, and dependability.

To improve as an Individual: Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and in those characteristics set forth as being desirable.

To Enjoy Athletic Participation: It is necessary to acknowledge all of the personal rewards we derive from athletics and to give sufficiently of ourselves in order to preserve and improve the program.

To Develop Desirable Personal Health Habits: To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits. Doing this will nurture a desire to maintain a higher than average level of physical fitness after formal competition has been completed.

TEN PRINCIPLES OF PARENTING A STUDENT-ATHLETE

1. Be positive with your student-athlete. Let your son or daughter know that he or she is accomplishing something positive by simply being a part of the team.
2. Avoid offering excuses for the student-athlete if he or she is not playing or is seeing only limited playing time. Encourage your child to work hard, reach his or her potential and contribute to the team's efforts.
3. Open criticism of the coaches is unnecessary. By openly criticizing the coaches, your student-athlete becomes trapped between the coach's authority and parental criticism. This situation merely erodes the student-athlete's effectiveness and affects their contributions to the team effort.
4. Encourage and support your student-athlete's efforts to follow the team rules and Athletic Code. Remember that you sign a Parent Athletic Pledge stating your support of the Athletic Code, its enforcement, and its penalties. This is a year-round responsibility and not limited to a specific athletic season.
5. Emphasize the importance of academics and understand the academic requirements necessary for participation in interscholastic athletics. With few exceptions, most student athletes do not receive athletic scholarships. Their future as an active, contributing citizen is determined by their academic abilities, not their high school athletic abilities.
6. Criticizing or showing envy in relation to the failures or successes of other student-athletes is inappropriate and not in line with the values of the Middletown Athletic Department and Middletown City Schools. Most student-athletes try their hardest on any given day, and all deserve respect for their efforts. Living your life vicariously through your student-athlete puts undo pressure on all concerned. The ultimate goal of the Athletic Program is to help student-athletes, through interscholastic competition, learn and grow in a fun, yet challenging and supportive environment.
7. Coaches work with student-athletes on a regular basis. They have the opportunity to evaluate the student-athlete's strengths and weaknesses objectively. Support the coaching staff's assessment of your child's strengths. Do not tear down the team if you feel the coaching staff is wrong in their judgment. Focus your energy as a parent on being a team supporter. Every team is composed of three groups: athletes, coaches and parents. Be a positive part of the team.
8. Emphasize good sportsmanship with your student-athlete. Win or lose, student-athletes must show respect for their opponents. Always demonstrate the maturity necessary to show class in difficult situations. In addition, encourage your student-athlete to respect the authority of the officials. Self-respect begins with self-control.
9. Emphasize that the team takes precedence over the individual. Recognition of individual contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual's contributions to the team's success. There is no "I" in the word team.
10. The lessons learned through interscholastic athletic competition are lessons for life. The skills learned will maintain great value in the future. Keep sports in perspective.

PARENTAL PROCEDURES FOR REGISTERING A CONCERN

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater positive benefit to children. As parents, when your children become involved in the Middletown City Schools interscholastic athletic program, you have the right to understand what expectations are placed on your child. This begins with clear communication from your student-athlete's coach.

- A. Communication you should expect from your child's coach:
 1. Philosophy of the coaching staff.
 2. Expectations the coach has for your child as well as for all members of the team.
 3. Location and time for all practices and contests scheduled.
 4. Team requirements (e.g. fees, special equipment, off-season conditioning).
 5. Procedure should your child be injured during participation.
 6. Discipline, which results in the denial of your child's participation.
- B. Communication coaches expect from parents.
 1. Concerns expressed directly to the coach.
 2. Notification of schedule conflicts well in advance.
 3. Specific concerns in regard to a coach's philosophy and/or expectations.

As your student-athlete becomes involved in the interscholastic athletic programs at Middletown City Schools, he or she will experience some of the most rewarding moments of his or her life. It is important to understand that there may also be times when things do not go the way you or your child may wish. At these times, communication with the coach first is encouraged. There are also certain situations that may require a face-to-face conference. When these conferences become necessary, please call the Athletic Director's office to reach the coach and make the necessary arrangements for a conference.

Appropriate concerns to discuss with coaches:

- a. The mental & physical treatment of your student-athlete.
- b. Ways to help your student-athlete improve.
- c. Concerns about the behavior of your student-athlete.

Issues not appropriate to discuss with coaches:

- a. Playing time of your student-athlete.
- b. Team strategy.
- c. Play calling or decision-making.
- d. The performance of other student-athletes.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote positive resolution. **We ask for a 24 hour grace period before meeting.**

MIDDLETOWN CITY SCHOOLS PROCEDURE FOR CONSTRUCTIVE CRITICISM

Constructive criticism of the Middletown City Schools District Athletic Department (and coaches under the guidance of the Athletic Department) is welcome when it is in the best interests of Middletown student-athletes, when it is motivated by a sincere desire to improve the quality of the Athletic Program, or when it is intended to help the Athletic Department complete tasks more efficiently.

We believe that questions, problems, complaints and grievances are best handled and resolved as close to their origin as possible. The coaching staff and the Athletic Director should be given the opportunity to consider the issues and attempt to resolve problems prior to involvement by the Board of Education. Therefore, the proper sequence of complaints involving coaches and/or the interscholastic athletic program will be as follows:

1. Appropriate Coach
2. Athletic Director
3. Building Principal
4. Superintendent or Designee
5. Middletown City School District Board of Education

Research suggests that students involved in interscholastic athletic activities during high school have a greater chance for success during adulthood than those students who remain uninvolved. Many of the character traits required to be a successful student-athlete are exactly those that will promote a successful life after high school. We hope the information provided in this handbook makes the involvement of both you and your student-athlete in the Middletown City Schools interscholastic athletic programs less stressful and more enjoyable.

SPORTSMANSHIP PHILOSOPHY AND GUIDELINES

The Middletown City School District Athletic Department believes that interscholastic athletic competition involving member schools of the OHSAA should be governed by the basic principles of good sportsmanship. This document has been prepared to ensure that all Middletown City participants have an understanding of those basic principles. We believe that participation is more important than winning. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel and is directed to the behavior of spectators, coaches and players. An additional component to consider is coaches' ethics. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We therefore expect school administrators, coaches, athletes, cheerleaders, parents and spectators to know and enhance the following fundamentals of sportsmanship.

1. Respect should be demonstrated for an athletic opponent and their school at all times. We should treat visiting teams and their supporters as guests and accord them the consideration all persons deserve. Visiting schools should respect the property and dignity of their host school and its athletic teams.
2. Respect should be demonstrated for the officials at all times. Officials must be assumed to be and accepted as impartial arbiters who are trained to do their job, and can be expected to do the job, to the best of their ability.
3. Knowledge of and a proper respect for the current rules of the contests should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
4. All participants should strive to maintain self-control at all times. The desire to win should not be accepted as reason for abandoning rational behavior. A proper perspective must be maintained by all involved if the potential educational values of interscholastic athletic competition are to be realized.
5. All participants should learn to recognize and appreciate skill in performance regardless of affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and good will that is encouraged in all GMC and OHSAA member schools. In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior before, during and after contests.

COACHES

The coaches bear a great responsibility for the development of sportsmanship as they have a great influence on the attitudes and behaviors of players, the student body and the local community. Coaches must value sportsmanship and teach it through their words and by example. Therefore, coaches should embrace the following as standards of appropriate behavior:

1. Instruct players in the fundamentals of sportsmanship.
2. Teach the value of conforming to the spirit as well as the letter of the rules.
3. Make sportsmanlike behavior a matter of team discipline, with appropriate consequences for team members who display inappropriate behavior. Remind the student body at every opportunity that visiting teams are guests and, as their hosts, they should be polite and courteous.
4. Respect the officials' judgment and interpretation of the rules.
5. Demonstrate publicly the ideals of good sportsmanship by such acts as shaking hands with officials and opposing coaches before and after contests.

Coaches should avoid the following inappropriate behaviors:

1. Use of profanity.
2. Ejection from contests.
3. Berating players or officials.
4. Inciting spectators or players to inappropriate behavior.

STUDENT-ATHLETES

Because student-athletes are admired and respected, they exert a great deal of influence over the actions and behavior of parents, the student body, and other spectators. It is important that student-athletes:

1. Treat opponents with the respect that is due them as guests and as fellow athletes.
2. Shake hands with opponents and wish them good luck when appropriate.
3. Exercise self-control at all times, accepting the judgment of the officials as just that, the best judgment they could make given what they know and see. Never argue or make hand gestures indicating a lack of respect for the officials' judgment.
4. Accept both victory and defeat with pride and compassion. Congratulate opponents in a sincere manner following either victory or defeat.
5. Accept seriously the responsibility and privilege of representing the school and community.
6. Trust your coach to make the best decision for both you and the team in regard to your playing time and team role.

Student-athletes should avoid the following inappropriate behaviors:

1. Use of profanity.

2. Ejection from contests.
3. Berating officials or fellow athletes.
4. Inciting spectators and/or athletes to inappropriate behavior.
5. Leaving the bench area when not competing or becoming involved in any type of altercation.

It should be noted that coaches and student-athletes ejected from any interscholastic athletic contest would be held accountable to the disciplinary procedure in the bylaws of the OHSAA as printed in the Association's *Handbook*. Further action above and beyond this may be invoked by the school administration.

CHEERLEADERS

Cheerleaders are representatives of the student body. By setting a good example, cheerleaders can influence and control the actions of the student spectators. Cheerleaders should:

1. Establish standards of desirable behavior in keeping with the fundamentals of good sportsmanship for the cheerleaders and student spectators.
2. Use positive cheers to encourage their own team without demeaning their opponents. Use discretion in deciding when to cheer and which cheers to use.
3. Never attempt to distract opposing players or in any way interfere with their performance.
4. Serve as hosts for visiting cheerleaders.

PARENTS & SPECTATORS

Parents and other spectators, by their behaviors and reactions, determine to a large extent the reputation for sportsmanship of their school. Parents and spectators should be reminded, and should keep in mind, that athletes are friendly rivals as members of opposing interscholastic athletic teams. They expect to be treated in that manner. Parents and spectators should be reminded also that the contest is between the teams and athletes engaged in the competition, and not between their supporters. It is important that all parents and spectators:

1. Know and demonstrate the fundamentals of good sportsmanship.
2. Respect, cooperate, and respond enthusiastically to the cheerleaders, coaches and athletes of all teams.
3. Censure fellow spectators whose behavior is inappropriate.
4. Be positive toward players and coaches regardless of the outcome of the contest.
5. Respect the judgment and the professionalism of the officials and coaches.

Spectators should avoid the following inappropriate behaviors:

1. Verbal and/or physical abuse of contest officials.
2. Berating athletes, coaches, officials or other spectators with chants, signs, or cheers.
3. Interruption of contests by throwing objects, entering the area of competition or becoming involved in disruptive behavior.

We believe that each participant should be committed to upholding the ideals of good sportsmanship put forth in this document. In this spirit, it should be understood that appropriate disciplinary action would be taken when incidents of inappropriate behavior occur. We also recognize the importance of communication and cooperation among school officials when incidents of inappropriate behavior arise. The quality of our athletic program depends upon this mutual respect. We also believe that being proactive is vital to the education of our students and spectators.

SPORTSMANSHIP - EJECTIONS

The Middletown City Schools Athletic Department supports positive behavior at all events. Inappropriate comments, language, and gestures will not be tolerated and are grounds for removal from an event. Administrators, coaches, athletes, parents or spectators removed or ejected will be reported to the Superintendent. Those removed or ejected will be required to complete an online sportsmanship class offered by the National Federation of State High School Associations prior to being admitted to a future Middletown event. Adults will be required to take the "Positive Sports Parenting" class while students will be required to take the "Sportsmanship" class. In addition, coaches and athletes will be required to comply with all OHSAA bylaws regarding ejections. All classes are offered for free at www.NFHSLearn.com

RESPONSIBILITIES OF A MIDDLETOWN CITY SCHOOLS STUDENT-ATHLETE

Being a member of a Middletown City interscholastic athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over many years. As a member of an interscholastic team, you have inherited a wonderful tradition, a tradition you are challenged to uphold. The Middle tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school, and our community. Such a tradition is worthy of the best effort of all concerned. Over many years, our athletic program has achieved its share of conference and tournament championships. Many individuals have set records and won all-conference and other individual honors.

It will not be easy to contribute to such a great athletic tradition. To compete for your school means that you have agreed to abide by a higher code of conduct. You will have to say "no" to temptations that an athlete cannot afford. When you wear the Purple and White, we assume that you not only understand Middletown City traditions, but that you are also willing to assume the responsibilities that go along with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Responsibility to Yourself: The most important of these responsibilities is to broaden and develop your strength of character. You owe it to yourself to get the greatest possible good from your school experience. Your academic studies, your participation in other extra-curricular activities, as well as in athletics prepares you for your life as an adult.

Responsibility to Your School: Another responsibility you assume as a member of an athletic team is to your school. Middletown City cannot maintain its position as having an outstanding school unless you do your best in the activities in which you are involved. By participating in interscholastic athletics to the best of your ability, you are contributing to the reputation of your school.

Responsibility to Your Team: You assume a leadership role when you are on an athletic squad. The student body and citizens of the community know you. You are on the stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make our city proud of you and your community proud of your school by your faithful exemplification of these ideals.

Responsibility to Others: As a team member, you also bear a responsibility to your family. You should never give your family anything of which to be ashamed. You must measure up to all of the training rules. You should practice to the best of your ability every day. If you have played the game "all out," you keep your self-respect and your family can be proud of you.

MIDDLETOWN CITY SCHOOL DISTRICT POLICY ON HAZING AND SOCIAL MEDIA

Hazing means doing any act or coercing another, including the victim, to do any act of intimidation or harassment to any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person. Permission, consent or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

Bullying is intentional written, verbal or physical act that a student has exhibited toward another particular student more than once and the behavior causes both mental and physical harm to the other student and is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening or abusive educational environment for the other student.

Prohibited activities of any type including those activities engaged in via computer and/or electronic communications devices are inconsistent with the educational process and are prohibited at all times. No administrator, teacher or other employee of the District shall encourage, permit, condone or tolerate hazing and/or bullying activities. No student, including leaders of student organizations, may plan, encourage or engage in any hazing and/or bullying. Administrators, teachers and all other District employees are particularly alert to possible conditions circumstances or events that might include hazing and/or bullying. If hazing and/or bullying or planned hazing and/or bullying is discovered, involved students are informed by discovering District employee of the prohibition contained in this policy and are required to end all hazing and/or bullying activities immediately. All hazing and/or bullying activities are reported immediately to the Superintendent/designee and the appropriate discipline is administered.

District employees, students and volunteers are provided with qualified civil immunity for damages arising from reporting an incident of hazing and/or bullying. Administrators, teachers, other employees and students who fail to abide by this policy may be subject to disciplinary action and may be liable for civil and criminal penalties in compliance with State law. No one shall retaliate against an employee or student because he/she files a grievance or assists or participates in an investigation, proceeding or hearing regarding the charge of hazing and/or bullying of an individual.

Technology and Social Networking Sites – Student-athletes are responsible for information contained in their written or electronic transmissions (e.g. email) and any information posted on a public domain (e.g. internet, chat room, Facebook, You Tube, My Space). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social network sites; however, student-athletes should be reminded that they serve as representatives of Middletown High School. Any individual that is identified on a social networking site, which depicts illegal or inappropriate behavior, will be considered a violation and is subject to athletic discipline, suspension, or expulsion. See Code of Conduct for discipline consequences.

REQUIREMENTS OF PARTICIPATION FOR STUDENT-ATHLETES

1. MIDDLETOWN CITY SCHOOL DISTRICT ACADEMIC ELIGIBILITY REQUIREMENTS

High School Eligibility

To be academically eligible to participate in interscholastic athletics at Middletown High School, all student-athletes are required to meet a two-fold standard. The standard includes the following:

1. All high school student-athletes must meet the OHSAA academic requirement which states that the student-athlete is required to pass five one credit classes (or the equivalent) the preceding grading period in order to participate the following grading period. Middletown City High school is on a seven-bell schedule, where students take between five to seven classes. This requires a student-athlete to pass, each semester, five one-credit or one-credit equivalent classes in order to maintain academic eligibility. Physical education courses, because they are one-quarter credit courses, do not count in calculating a student's academic eligibility. According to OHSAA regulations, academic eligibility for fall student-athletes is determined by academic performance during the second semester of the previous school year.
2. By policy of the Middletown School District Board of Education, that meets OHSAA requirements, High School student-athletes must achieve a minimum 1.55 grade point average (on a 4.0 scale) in course work taken the preceding grading period. An appeal is available to the student who meets the OHSAA required five credits, but does not have the 1.5. This appeal will be heard by: two non-coaching teachers and one Administrator. The panel should consider prior appeals. The decision of the panel is final.

According to OHSAA Bylaw 4-4-3:

The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. For the purposes of this Bylaw, the term "school day" includes faculty in-service days, calamity days and regular school attendance days but not holidays or school breaks.

Exception 1: *Eligibility or ineligibility for the first grading period commences with the start of the fall sport season.*

Exception 2: *A student coming off the "ineligible status" may become eligible 24 hours after the mandatory grade reporting date established by the Board of Education provided said grade reporting date is applicable to all students in that district.*

Athletes cannot reestablish academic eligibility through summer school courses. If a student enrolled in high school attains the age of 20 of a given school year, the student shall be ineligible.

Middle School Eligibility

A student enrolling in the 7th grade for the first time is eligible for the first grading period regardless of previous academic achievement. To be academically eligible to compete in interscholastic athletics at Middle School, student-athletes must receive passing grades in 5 of 7 of those subjects in which the student receives grades and a minimum of a 1.55 GPA. An appeal is available to the student who meets the OHSAA required five credits, but does not have the 1.5 GPA. This appeal will be heard by: two non-coaching teachers and one Administrator. The panel should consider prior appeals. The decision of the panel is final.

Squad Limitations- Sometimes it is necessary to trim the size of a team down to a workable number. When cutting of student-athletes is necessary, the coach will meet the student-athletes to explain the criteria used to reduce the team. Tryouts will be at least (3) days in length from start of official practice before reductions are made to ensure adequate time to evaluate.

2. MIDDLETOWN CITY SCHOOL DISTRICT MEDICAL REQUIREMENTS

All student-athletes are required to have an OHSAA Preparticipation Physical Examination Form on file, Concussion Form, as well as an Emergency Medical Form, PRIOR to participation in any practice for an interscholastic athletic team. The Athletic Director arranges with local medical providers to

assist students in obtaining a low-cost physical examination to meet this requirement. The OHSAA Physical is good for one full calendar year.

STUDENT-ATHLETE CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the Athletic Department. The Middletown Community, School District Administration, and the Coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of interscholastic athletic competition. The welfare of the student-athlete is our main consideration, and transcends any other consideration. All athletes shall abide by a code of conduct that will earn them the honor and respect that participation and competition in interscholastic athletics affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Examples of unacceptable conduct are, but not limited to: theft, vandalism, disrespect, ejections from events, or violations of school policy or the law. Tarnishing the reputation of those associated with the school and/or the athletic program will not be tolerated. A student may be disciplined for violation of the Student Code of Conduct and the Athletic Code arising out of the same incident. Students suspended from school under the Student Code of conduct are not allowed to practice or compete with their team for the duration of the suspension.

Each coach is encouraged to set team rules in addition to the rules in the Athletic Code of Conduct. Rules and penalties for tardiness, curfew violations, inappropriate practice or game dress, and other misconduct are examples of acceptable guidelines developed by a coach. These rules will be given in written form to all student-athletes, parents and the Athletic Director at the beginning of each season. Coaches are required to formally document all disciplinary problems. Proper paperwork and hearings must occur whenever a student-athlete is denied participation in practice or an interscholastic contest.

The conduct of a student-athlete is closely observed in many areas of life. It is imperative that the behavior of a student-athlete be above reproach in all of the following areas:

A. AT SCHOOL

In the academic area, a good athlete becomes a good student. A student-athlete cannot be a classroom laggard and think he or she can be an outstanding athlete. If you are lazy in class, you will be lazy at practice and during competition, and will never reach your potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

In addition to maintaining good scholarship, a student-athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times. Horseplay and unnecessary boisterousness are not appropriate habits of behavior.

Participation in interscholastic athletics is a privilege and not a right. Student-athletes are in a highly visible setting as leaders in competition and performance. Therefore, student-athletes will be held to a higher accountability of conduct and behavior than the student who chooses neither to participate nor to represent Middletown City Schools.

Any student referred to the office for a school rules violation may be denied the privilege of participation in all athletic activities for a period determined either by the coach and/or a school administrator. Any infraction resulting in suspension from school will include mandatory denial of participation from all interscholastic athletic activities for the same duration of time as the suspension from school. Additional consequences are at the discretion of the coach. Issues of misconduct not addressed within this document will be dealt with on an individual basis. This document is an extension of the Middletown School District Student Code of Conduct.

B. AT ATHLETIC EVENTS

In the area of athletic competition, a true athlete does not use profanity or illegal tactics, and learns quickly that losing is part of the game. Student-athletes should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory.

LEGAL, DRUG, ALCOHOL, & TOBACCO POLICY (PLUS E-CIGARETTES, JUUL'S AND VAPOR DEVICES)

It is the belief of the Middletown City School District that there is no such thing as responsible use of controlled substances, mood-altering drugs, alcohol, or tobacco by any high school student. Adolescent drug and alcohol use is not only illegal; its use jeopardizes the student-athlete's health and safety as well as inhibits attainment of individual potential. Therefore, any use of controlled substances, mood-altering drugs, alcohol or tobacco by student-athletes will not be tolerated.

A student-athlete is prohibited from possessing, using, concealing, or displaying signs of having used tobacco, drugs and/or alcohol.

Drug, Tobacco, and/or alcohol use or possession by student-athletes, which occurs within the school day or at a school activity, the consequences as stated in the Student Code of Conduct will apply.

For drug and/or alcohol use or possession, or legal issues, by student-athletes that occurs outside of the school day or activity, and that is substantiated by a member of the school staff or law enforcement, the following consequences will apply:

1. Immediate denial of participation from the interscholastic activity for 20 % of the contest (season or tournament) based on the number of regular season scheduled events. Non- participation of contest must be consecutive, not selective. If the offense occurs during preseason or postseason activities, then the suspension will begin at the time of the first regularly scheduled contest or at the start of the next sport season.
2. A second offense will result in total 50% denial of participation in all interscholastic athletic activities based on the number of regular season scheduled events. Denial of participation for such a violation will include the following: non-participation in practices, tryouts, traveling or sitting on team bench, and forfeiture of all in season awards.
3. A third offense will result in total denial of participation for his/her remaining year..

Due to the health, safety and welfare of our student/athletes and cheerleaders, we highly encourage members of our community to contact the proper law enforcement agency if an alleged Code of Conduct or Substance Use infraction is or has been committed.

With regard to Substance Abuse Violations – discipline will only be administered when the student is listed in a police report and accused of a substance abuse violation in the report and/or witnessed violating the substance abuse policy by a coach, teacher or administrator. Furthermore, if the police report states that drugs or drug paraphernalia were present or are witnessed by a coach, teacher or administrator, students listed on the report or witnessed by the coach, teacher or administrator may be requested to obtain a drug screening at their own cost. ***The results of the drug screen must be submitted to the athletic director and the drug screen must take place within 2 calendar days of the notification from school administration. The drug screen must include a test for the substance(s) listed in the police report or witnessed, along with any substances that would be used with any paraphernalia included in the police report or witnessed. Students are not permitted to participate in competitions until cleared by the drug screen.*** The drug screen must take place at a

drug testing facility, not an over-the-counter drug test. Based on the results of the testing, a violation may be cited under this policy. Failure to comply with the drug screen will be considered an admission of a substance usage violation and the athlete will be disciplined in accordance with the athletic policy.

Any other sources of information (emails, phone calls, mail, pictures, etc.) may be shared with parents, but no investigation or discipline will be implemented.

Infractions of the coach's rules, the Student Code of Conduct as outlined in the Student Handbook, this Athletic Policy, the Ohio High School Athletic Association's Policies or the Ohio Revised Code shall be reported to the Athletic Director and/or the Principal.

Deception Clause – Athletes that are questioned regarding athletic policy violations are expected to be completely truthful to any school personnel or law enforcement agency. Any athlete that is not completely truthful during an investigation will have their punishment increased by 20%. E.g. – a suspension of 20% would become 40%.

OFFENSES - Due to the broad range of potential infractions, the following offenses are examples of punishable infractions without being an exhaustive list. The disciplinary consequences of violating these potential offenses will be at the discretion of the Junior High and/or High School Administration and will not follow a progressive type of discipline.

A. Examples of Punishable Infractions

1. Theft, Damage, or Misuse of Home and/or Host School and Private/Public Property – No athlete shall steal or intentionally damage school or private/public property.
2. Threat of Assault on or Physical Injury to Students and/or Adults – No athlete shall intentionally threaten, assault, cause or attempt to cause physical injury to other students and/or adults, including all forms of hazing.
3. Sexual Misconduct/Harassment – No athlete shall intimidate or be a party to the intimidation of another student for the purpose of sexual interests, engage in any form of exhibitionism, or act of sexual misconduct/harassment. Pursuant to Title VII of the Civil Rights Act of 1964 and Title IX of the Educational Amendments of 1972, sexual harassment shall be defined for the purposes of this policy as unwelcome sexual advances, requests for sexual favors, and/or verbal or physical conduct of a sexual nature.

B. Severity Clause – Athletes who violate the law, good citizenship or the Student Code of Conduct, special team rules and/or the Athletic Code may receive any or all of the following consequences. These consequences do not follow the established stages of the Athletic Code of Conduct.

- Suspension from participation.
- Suspension from school.
- Recommendation for expulsion from school.
- Criminal charges.
- Removal of Leadership positions i.e., Captain.

Any athlete convicted of a felony will be denied participation. However, conviction is not a requirement of such denial.

C. SELLING, DEALING, OR SUPPLYING SUBSTANCES – Alcohol, Drugs & Tobacco Products (Including E-Cigarettes)

No Athlete shall sell, deal, or supply alcohol, drugs or tobacco products to any other person.

1st Violation – Any athlete violating the athletic code as it applies to selling, dealing, or supplying substances for the first time will be denied participation for the remainder of the present season (if applicable) plus the following two full sport seasons. Denial of participation for such a violation will include the following:

Non-participation in practices, non-participation in tryout activities, no traveling or sitting on the team bench during competition, and forfeiture of all in season awards. No reduction of the penalty through substance use assessment will be offered for this violation.

2nd Violation – Any athlete violating the athletic code as it applies to selling, dealing, or supplying substances for the second time will be denied participation for his/her remaining high school career.

D. DISCIPLINARY CONSEQUENCES - Non-participation requirements

1. The athlete must comply with the non-participation requirement even if it carries over to another sport season or school year. Non-participation of contests must be consecutive, not selective.
2. During the non-participation period, the athlete may be expected to practice and sit on the team bench dressed in appropriate street clothes during contests unless otherwise specified by the Principal and/or Athletic Director. All rules, regulations, and requirements of the sport will be followed.

3. If applicable the penalty will be applied to the next chosen sport, however, the athlete must complete the current season of participation or the penalty will be applied to the next chosen sport.
4. In the case of multiple violations, consequences will be imposed consecutively, not concurrently, i.e.; the athlete cannot begin a second penalty until the first penalty has been completed.
5. Disciplinary actions for Athletic Policy and/or Student Code of Conduct violations which occur at the Junior High level may carry over when the athlete is promoted to the High School (major offenses like substance use, violence, etc. will carry over to the High School). All penalties and obligations must be fulfilled prior to competing in High School. Violations of the Student Code of Conduct that result in suspension from school may carry over from the Junior High School to the High School from one year to the next year based on the recommendation of the Superintendent which may also affect athletic participation.
6. Prohibition from Extra-Curricular Activities :
 - a. Participation in extra-curricular activities, including interscholastic sports, is a privilege and not a right. Therefore, the Board of Education authorizes the Superintendent, principals, and assistant principals and other authorized personnel employed by the District to supervise or coach a student activity program, to prohibit a student from participating in any particular or all extra-curricular activities of the District for offenses or violations of the Student Code of Conduct/Student Discipline Code for a period not to exceed the remainder of the school year in which the offense or violation of the Student Code of Conduct/Student Discipline Code took place.
 - b. In addition, student athletes are further subject to the Athletic Code of Conduct and may be prohibited from participating in all or part of any interscholastic sport for violations therein.

Students prohibited from participation in all or parts of any extra-curricular activity are entitled to an appeal to the next highest level of Administration.

This policy shall be posted in a central location in each school building and will be available to students upon request.

IX. APPEAL PROCESS

If you wish to appeal the action of the disciplinary consequences of the initial Athletic Policy hearing, you may do so with the Principal by scheduling a hearing within five (5) school days of the initial hearing date.

If you wish to appeal the action of the disciplinary consequences of the Athletic Policy hearing with the Principal, you may do so with the Superintendent by scheduling a hearing within five (5) school days of the hearing date with the Principal.

In the absence of both the Principal and the Superintendent, you may schedule a hearing with the District Designee in charge.

During the appeal process, the disciplinary consequences of the initial Athletic Policy hearing must be followed until the appeal is completed.

OTHER ATHLETIC DEPARTMENT POLICIES

ATHLETIC ACTIVITY REGULATIONS FOR PARTICIPATION

1. Any athlete who has been dismissed from a squad for any violation during a sport season will not be eligible to participate on any other athletic squad in any other sport during the sport season.
2. If an athlete is cut from a squad, the individual may try-out for another team in the same sport season if the time and opportunity permits the tryout to take place.
3. If an athlete quits a squad after the first scheduled contest, he/she will be suspended 50% of the next sports season they play.
4. Athletes, who are currently "in-season", cannot participate in off-season activities for other sports without the permission of their current head coach.

ATTENDANCE

Absence from school means NO practice or NO game. Attendance and punctuality are essential for an athlete to receive maximum benefit from his or her participation in interscholastic athletics. Please see *District Policy*.

Attendance at School

To be eligible to participate in an interscholastic event or practice, a student-athlete must be at school a minimum of ½ day (report by 10:30am) on the day of the event or practice. Exceptions to this rule are only for unavoidable medical or court appointments, and appropriate documentation from the doctor or court must be provided (See District Policy). These appointments require one day advance notice, unless for an emergency situation, to the Attendance Office. Exceptions to this attendance policy will be dealt with at the discretion of the building principal or designee. Documentation of any absence must be submitted to the attendance office the day after the absence. A student-athlete who is absent from school on Friday may not compete in weekend competitions, unless student provides an official doctor note releasing them to play on Saturday.

Attendance at Practices

Absence from practice may cause the athlete to miss necessary preparation for an upcoming contest. This could result in non-participation in that contest.

Excused Absence: An excused absence requires advance written notice from the student-athlete to the appropriate coach. The reason for the absence must be considered unavoidable if the coach is to consider it an excused absence. It is understood that sudden illness and emergency situations do occur from time to time. Exceptions will be dealt with at the discretion of the appropriate coach.

Unexcused Absence: An unexcused absence is considered to be any absence not falling into the excused category. The first unexcused absence will

result in the denial of participation in the next interscholastic event. The second unexcused absence will result in denial of participation in the next two interscholastic events. The third unexcused absence will result in denial of participation for the remainder of the interscholastic athletic season.

Attendance at Interscholastic Contests (including weekend contests)

As a student-athlete, your team counts on your presence and contribution at each contest. An absence from a contest puts the performance of the team in jeopardy.

Excused Absence: An excused absence requires advance written notice from the parent of the student-athlete to the appropriate coach. The reason for the absence must be considered unavoidable if the coach is to consider it an excused absence. It is understood that sudden illness and emergency situations do occur from time to time. Exceptions will be dealt with at the discretion of the appropriate coach.

Unexcused Absence: An unexcused absence is considered to be any absence not falling into the excused category. The first unexcused absence will result in the denial of participation in the next two interscholastic events. The second unexcused absence will result in denial of participation for the remainder of the interscholastic athletic season.

AWARDS

Middletown athletic awards will be presented according to the following guidelines:

- A. Varsity awards: A student-athlete will receive only one six-inch block "M" letter, program metallic emblem, and certificate. All succeeding varsity awards will be metallic award indicative of the sport in which he/she successfully meets the requirements necessary to win the award.
1. The letter shall have no emblem of said sport woven in the letter
 2. The second, third, and fourth year award is the one metallic award per sport earned.
 3. A senior who has been a faithful member of an athletic squad for a period of three years, but failed to make necessary requirements to earn a varsity "M", may upon special recommendation of the head coach, receive a varsity "M". This provision also applies to foreign exchange students.
 4. A varsity manager, statistician, or other team aide may receive a varsity "M" at the discretion of the head coach- with approval from the Athletic Director. It is recommended that this letter be presented to those who have provided significant assistance to the athletic program.

B. Junior Varsity awards: Any student- athlete who is faithful member of a junior varsity athletic team, upon recommendation of the head coach, receives a JV letter or patch and a certificate.

C. Freshman awards: Any student-athlete who is faithful member of a freshman athletic team, upon recommendation of the head coach, receives a freshman numerals and a certificate.

Note: All awards will be distributed by the athletic director to the respective head coach upon receipt of "Award" list and completed inventory list from post-season coach packets. The head coach will receive these awards prior to the banquet night. Each head coach/assistant coach should sign certificates.

D. No awards other than those designated in this handbook shall be given to any student-athlete.

E. Minimum requirements for winning a Varsity "M" Award:

Baseball: Participation in one-half of the played innings. Pitchers must participate in one-fourth of total innings played. If an athlete plays a specialty position, the coach may submit documentation to support the number of games participated in, which must total a minimum of 60% of games played by the varsity team.

Basketball: Participated in one-half of total regulation quarters played.

Bowling: Participated in one- half of all varsity matches.

Cross- Country: Finish in top seven for Middletown and participate in one-half of total meets.

Cheerleading: Participate in practices and contest during fall and/or winter sport seasons.

Football: Participate in one-half of total regular season quarters played. If on a specialty team, participate in a minimum of five varsity games.

Golf: Participated in one- half of all varsity matches.

Soccer: Participated in one- half of all varsity regulation halves played.

Softball: Participation in one-half of the played innings. Pitchers must participate in One-fourth of total innings played. If an athlete plays a specialty position, the coach may submit documentation to support the number of games participated in, which must total a minimum of 60% of games played by the varsity team.

Swimming: Score 80% of all regular season meets.

Tennis: Participate in one- half of varsity matches played.

Track: Average at least one point per meet for the regular season and participate in one- half of the total meets.

Volleyball: Participate in one-half of the total games played.

Wrestling: Participate in one-half of the varsity points (matches).

Note: the coach may recommend alternative determinations. Such changes must meet with the approval of the athletic director and building Principal prior to the start of the season.

A student –athlete is not eligible for an award if he/she quits the team prior to the conclusion of the total season. All award winners must finish the season, including post season events, and be in good-standing with the team. To receive the awards, student-athletes must be in attendance at the awards presentation (or receive absentee permission from the athletic director).

F. Special Athletic Awards:

Any changes in the number or name of individual sport awards may only be done with the prior approval of the athletic director. No coach may arbitrarily adjust, add or otherwise alter the stated awards without such prior approval.

Fall Sports:

Football: MVP, Most Improved Player, Best Offensive Lineman, Best Offensive Back, Best Defensive Lineman, Best Defensive Back, Coach Award.

Soccer: MVP, Most Improved Player, Best Offensive Player, Best Defensive Player, Coach Award.

Cross-Country: MVP, Most Improved Player, Coach Award.

Volleyball: MVP, Most Improved Player, Best Defensive Player, Best Offensive Player, Coach Award.

Tennis: MVP, Most Improved Player, Coach Award.

Golf: MVP, Most Improved Player, Coach Award.

Cheer: MVP, Most Improved Player, Coach Award.

Winter Sports:

Academic Team: MVP, Most Improved Player, Coach Award.

Basketball: MVP, Most Improved Player, Best Offensive Player, Best Defensive Player, Coach Award.

Chess: MVP, Most Improved Player, Coach Award.

Wrestling: MVP, Most Improved Player, Coach Award.

Swimming: MVP, Most Improved Player, Coach Award.

Cheer: MVP, Most Improved Player, Coach Award.

Bowling: MVP, Most Improved Player, Coach Award.

Spring Sports:

Baseball: MVP, Most Improved Player, Best Offensive Player, Best Defensive Player, Best Pitcher, Coach Award.

Softball: MVP, Most Improved Player, Best Offensive Player, Best Defensive Player, Best Pitcher, Coach Award.

Tennis: MVP, Most Improved Player, Coach Award.

Track (Boys and Girls): MVP, Most Improved Player, Best Sprinter, Best in Field, Best Distance Runner, Coach Award.

Volleyball: MVP, Most Improved Player, Best Defensive Player, Best Offensive Player, Coach Award

COLLEGE RECRUITMENT POLICY

In the event a college recruiter contacts a student-athlete, he or she has an obligation to work through his or her coach and the Athletic Director. Inform your coach of such a contact as soon as possible. If college recruitment information is needed, please contact your coach or the Athletic Director. The NCAA has established a central clearinghouse to certify an athlete's eligibility for Division I and Division II intercollegiate competition. Here are the answers to questions that are frequently asked about what students need to do to participate in college athletics.

Why Do I Need To Register and Be Certified?

If you intend to participate in athletics at a Division I or Division II school as a freshman, you must be registered with and be certified as eligible by the NCAA Initial Eligibility Clearinghouse. Please note that initial eligibility certification pertains to only whether you meet NCAA academic requirements for participating in Division I or Division II athletics, and has no bearing on your admission to a particular Division I or Division II institution.

When Should I Register?

Students should register with the NCAA Clearinghouse after the completion of their junior year in high school. At this time, a transcript, which includes six semesters of grades, should be sent to the Clearinghouse from the high school. Additionally, students should have their SAT or ACT scores forwarded directly to the NCAA Clearinghouse whenever those tests are taken.

How Do I Register?

Students can obtain registration materials from Guidance or at www.ncaaclearinghouse.com.

CONFLICTS WITH EXTRA-CURRICULAR OR CO-CURRICULAR ACTIVITIES

An individual attempting to participate in too many extra-curricular activities or trying to work will, undoubtedly, be in a position of conflict of obligations. The Athletic Department recognizes that each student-athlete should have the opportunity for a broad range of experiences in the area of extra-curricular activities; and, to this end, will attempt to schedule events in a manner so as to minimize conflicts. The student-athlete has the responsibility to do everything in his or her power to avoid continuous conflict. This should include being cautious about belonging to too many activities where conflicts are bound to occur. It also means notifying the coach and activity sponsors immediately when a conflict does arise. When conflicts happen, it is up to the appropriate coach to determine resolution of the conflict.

A performance (athletic event, contest, play, concert, etc.) normally has priority over any practice or rehearsal. When two events of equal value conflict; the student may participate in the event of his/her choice without fear of penalty or consequences.

In the case of co-curricular conflicts, the Athletic Director will work with the coach and teacher/activity sponsor to come to a compromise solution.

EQUIPMENT & UNIFORMS

It is extremely important that your equipment provides you the protection for which it was designed. It is your responsibility to examine your equipment daily for damage. Damaged equipment must be repaired before you practice or compete. Bring all of your equipment problems to the attention of your coach

immediately. Do not use damaged or faulty equipment. Each student-athlete is responsible for the care and safekeeping of equipment or uniforms issued to him or her.

Equipment issued to a student-athlete is to be worn only at scheduled games or practice sessions involving that sport. Game jerseys or parts of the uniform may be worn at school or school functions at the discretion of the coach. At the end of the sport season, equipment issued to a student-athlete must be turned in or paid for if destroyed, lost or stolen. The student-athlete must pay the total replacement cost for the destroyed, lost or stolen item(s).

FINANCIAL OBLIGATIONS

The Middletown City Board of Education believes its first obligation to the citizens of Middletown City is to keep intact the district's quality programs and opportunities for students. The Board of Education and the District Administration are committed to that goal. However, the Board must make every reasonable effort to reduce expenses, and the implementation of a nominal participation fee is one way to accomplish that goal.

Athletic participation fees will be collected at the beginning of each sport's practice season. Fees should be submitted to the High School Athletic Office. Cash, checks and money orders are accepted. Please make checks to Middletown City Schools. All students will receive a receipt for payment of participation fees.

The following are guidelines for the refunding of fees:

1. No refund will be issued if a student-athlete quits an athletic team or activity, after the first competition.
2. No refund will be given if a student-athlete is dismissed from an athletic team or activity.
3. No refunds will be issued if a student becomes academically ineligible at any time.
4. 100% of the participation fee will be refunded if the student-athlete incurs a season-ending injury prior to the start of scheduled contests.

Parents and student-athletes are advised that payment of the athletic participation fee does not automatically insure playing time. Playing time is always up to the discretion of the coach.

Middletown City Schools Athletic/Supplemental Activity Participation Fee (Grades 7-12)

- ◆ \$75.00 per student athlete per Sport.
- ◆ Cap is \$150.00 per year per family

HEALTH INSURANCE

Insurance – All students participating in interscholastic athletics must purchase health insurance available through the school, or the parent/guardian must sign a waiver to the effect that such coverage is not necessary. No student/athlete will be denied participation due to the inability of the parent/guardian to purchase health insurance. Please see the Athletic Director for student health insurance purchase assistance.

Injured Athlete

Any athlete who has been denied participation by a physician will not be permitted to practice or play in a game/event until a physician's release has been granted. The Board of Education hired Athletic Trainer has the authority to deny participation to an injured athlete. A coach, parent, or athlete cannot override a physician's or the Athletic Trainer's denial of participation for injury. Injured athletes should attend all practices, games and other team functions unless the injury absolutely prevents this.

LOCKER ROOM RULES

Please keep the locker room and you locker clean. Sharing of lockers is NOT permitted. Please use your locker to keep your equipment and personal belongings safe and secure. Always lock your locker! Middletown City Schools accepts no responsibility for any items lost or stolen in the locker room.

TRAVEL

All athletic participants or those associated with the activities are required to ride transportation provided by the school district to and from all contests or events. The only exception is advance written travel form, received from the parent/guardian in person, for the student to be released to their legal guardian on a return trip. No student is permitted to drive to an interscholastic athletic contest. The student-athlete is expected to exemplify good manners while traveling with the group on the bus. Insubordination toward the school bus driver will not be tolerated and will be dealt with according to the Student Code of Conduct. Exceptions to this policy must have approval of the principal or designee.

VACATIONS & HOLIDAYS

Vacations by athletic team members during a sport season are discouraged. In the event that absence due to a vacation is unavoidable, the athlete must:

1. Be accompanied by his/her parents/guardians while on vacation.
2. Contact the Head Coach prior to vacation.
3. Practice one day each for each practice or contest day missed prior to resuming competition.

Be willing to assume the consequences related to his/her status on that team as a starter, second team and so forth

MIDDLETOWN CITY SCHOOLS

ATHLETIC POLICY



We, the undersigned, acknowledge receipt of the Middletown City Schools Athletic Policy. We have read and understand the contents of this policy. We also understand that participation in athletics is a privilege, a commitment and an agreement to follow the terms of this policy, **along with any additional team rules provided by the Head Coach.** We also acknowledge and accept the responsibility that violations of this policy can result in denial of athletic participation as specified in this policy. **FAILURE TO RETURN THIS RECEIPT TO YOUR HEAD COACH MAY RESULT IN DENIAL OF PARTICIPATION AS UTMOST IMPORTANCE IS PLACED ON THIS POLICY.**

We do hereby acknowledge that we have been cautioned that participation in any sport or activity involves an injury-risk factor. We understand that each athlete is susceptible to injuries of varying seriousness and frequency. With full knowledge of the inherent risks in practices and/or contests, it is still our desire that the student listed below participates in any extracurricular activity, including, but not limited to, Football, Soccer, Volleyball, Bowling, Cross Country, Cheerleading, Golf, Basketball, Swimming, Wrestling, Baseball, Softball, Track, Tennis, Band, Other _____.

INSURANCE

_____ Our family has sufficient insurance to cover athletic injury.

_____ We have applied for health insurance through the school. Forms are available in the Middle School and the High School offices.

No student athlete will be denied participation due to the inability of the parent/guardian to purchase health insurance. Please see the Athletic Director for student health insurance purchase assistance.

Student/Athlete Signature _____ Date _____

Please Print Name _____ Date _____

Parent/Guardian Signature _____ Date _____

Please Print Name _____ Date _____

PLEASE DETACH AND RETURN THIS SIGNED FORM TO THE HEAD COACH OF YOUR SPORT. THIS ACKNOWLEDGEMENT IS A PART OF THE STUDENT/ATHLETE'S ELIGIBILITY REQUIREMENTS. THIS FORM IS IN EFFECT FOR ALL ACTIVITIES THAT THE STUDENT LISTED ABOVE PARTICIPATES IN DURING THE ENTIRE SCHOOL YEAR.